

departing from the scope of the invention. The invention is defined by the appended claims.

CLAIMS

I claim:

1. A weighted collar, comprising:

an upper surface and a lower surface joined peripherally to form a body having a central aperture and an outer periphery;

wherein said body is filled with a plurality of weights; and

wherein the movement of said weights is constrained by a plurality of segments in said body.

2. A weighted collar as recited in claim 1, wherein the outer periphery includes one or more radial extensions.

3. The weighted collar of claim 1, further comprising a slit creating two edges extending from said central aperture to said outer periphery; and fasteners for securing said two edges together.

4. A weighted collar as recited in claim 3, wherein the outer periphery includes one or more radial extensions.

5. A weighted collar as recited in claim 1, wherein the collar is affixed to a vest or other item of wearing apparel.

6. The weighted collar of claim 1, further comprising a slit creating two edges extending from said central aperture to said outer periphery; and wherein the collar is affixed to a vest or other item of wearing apparel.

7. A weighted collar as recited in claim 6, wherein the outer periphery includes one or more radial extensions.

ABSTRACT

A therapeutic weighted collar designed to provide more stable and evenly distributed weight than currently available devices.